

THE UNIVERSITY OF RHODE ISLAND



Department of Kinesiology

Undergraduate Program Manual

Introduction

This manual presents the policies and procedures of the undergraduate program in the Department of Kinesiology, describes the responsibilities of the student, and provides information on monitoring academic progress and compliance. Each student should become familiar with the content in this manual and should refer to it regularly for information on the requirements and procedures regarding progression in the program.



The College of Health Sciences (CHS) at the University of Rhode Island houses the Department of Kinesiology along with six other health-related majors: Communicative Disorders, Health Studies, Human Development and Family Science, Nutrition, Physical Therapy, and Psychology.

CHS Mission: The College of Health Sciences promotes the health and well-being of individuals, families, and populations in a diverse global society through excellence in teaching, research, and outreach.

CHS Vision: The College of Health Sciences seeks to be a leader in education, research, and outreach in the promotion of optimal health and wellness across the life span. We are committed to high quality teaching that emphasizes evidence-based practices, engages students in multidisciplinary learning, and produces graduates who can effectively translate and apply knowledge in their professions. Our research seeks to develop innovative solutions to complex problems that improve the health and well-being of others. Recognizing that the best solutions occur when issues are approached from multiple perspectives, we value our diverse faculty and community, state, and national partnerships in both teaching and research. Through service and outreach, we strive to better the health, well-being and quality of life among members of the University community, the State of Rhode Island, and beyond.

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Department of Kinesiology

The Department of Kinesiology is committed to providing students with a quality undergraduate education in a distinctive program that prepares students for a variety of careers in exercise science and related fields. The major can also be used to fulfill the prerequisites for students considering graduate degrees in The Department of Kinesiology, exercise science, biomechanics, exercise psychology, health fitness or a range of health care professions including physical therapy, physician assistant, chiropractor, athletic training, and occupational therapy among others.

The Department of Kinesiology

Kinesiology Mission: We seek to provide students with a comprehensive understanding of the multiple dimensions of kinesiology through innovative, inclusive, and high-quality education, research, scholarly activities, and outreach.

The undergraduate exercise science program in the Department of Kinesiology is nationally accredited by the Commission on the Accreditation of Allied Health Education Programs (CAAHEP) through the Committee on the Accreditation for the Exercise Sciences (CoAES). CAAHEP and CoAES require that academic programs meet established standards and guidelines that facilitate the preparation of students seeking employment in the health, fitness, and exercise industry. The program was originally accredited in 2017 and achieved re-accreditation in 2022.



The Department of Kinesiology is also recognized by the National Strength and Conditioning Association (NSCA). The NSCA Education Recognition Program distinguishes programs with standardized strength and conditioning curricula. Our program is designed to prepare students for the NSCA Certified Strength and Conditioning Specialist (CSCS) and NSCA Certified Personal Trainer certifications. Many of our graduates also become certified as an American College of Sports Medicine (ACSM) Exercise Physiologist and ACSM Personal Trainer.



The Department of Kinesiology is housed in the Independence Square building and includes three classrooms as well as numerous laboratories for teaching and research. These include the Manfredi Human Performance Laboratory, the Health-Fitness Laboratory, the Motion Analysis and Virtual Reality Laboratory, the Biomechanics and Wearables Laboratory, the Collaborative Cognitive Neuroscience Laboratory, the Human Integrative Physiology Laboratory, Biochemistry Lab, Tissue Preparation Laboratory, Light Microscopy Laboratory, and the Body Composition Laboratory. Students can find more information about our facilities here: <https://web.uri.edu/kinesiology/about/facilities/>

Students majoring in Kinesiology are provided with the knowledge, skills and abilities to become exercise science professionals in a variety of settings including:

- Hospital/clinical: cardiopulmonary rehabilitation, bariatrics, exercise oncology, medical fitness
- Health fitness centers: exercise physiologist, personal training, health coach



Updated: 10/20/23

- Corporations: corporate fitness, wellness and health coaching
- Community-based: exercise physiologist and diabetes educator
- Universities: strength and conditioning, campus recreation, fitness and wellness

Kinesiology Student Learning Outcomes

The Kinesiology Student Learning Outcomes (SLOs) are statements that specify what students will know, be able to do, or be able to demonstrate when they have completed the program.

The Department of Kinesiology has identified the following SLOs:

- Demonstrate the strong foundation in exercise science necessary to effectively work in the exercise science field/profession.
- Apply the knowledge and skills required to assess human performance related characteristics of individuals from diverse populations.
- Design and implement exercise programs for apparently healthy individuals and for those with chronic diseases.
- Evaluate the behavioral and cultural factors that influence the adoption and maintenance of a physically active lifestyle.
- Apply knowledge of exercise science in a real-world setting.

Academic Advising

- All first-year URI students begin in University College for Academic Success (UCAS) which is housed in Roosevelt Hall. There students meet with assigned UCAS advisors until they meet the requirements to transfer to the College of Health Sciences/Kinesiology.
- First-year and second year students are required to get approval from their advisor before they can register for classes.
- Students will be assigned an academic advisor with the Department of Kinesiology when they meet the following requirements:
 - Complete BIO 110 (101)/103, 24 credits, and have a minimum GPA of 2.0

For students to find out who their departmental advisor is, click [here](#) or check [E-Campus](#)

- Students should make sure to make an appointment early so that they are able to register for classes.
- Appointments can be virtual or face-to-face.
- Information about a student's advisor while in UCAS can be found [here](#) and students can make appointments on [Starfish](#) with the student's assigned advisor.

Academic Requirements

The Department of Kinesiology strives to offer a program that meets the needs of the student pursuing a career in the exercise sciences, professional certification (e.g., ACSM, NSCA), and/or graduate school. The academic courses are designed to provide an intellectually challenging experience with the goal of assisting the student in the development of a solid theoretical knowledge base, practical skills, critical thinking skills, and professional skills and attitudes.

Upon completion of the program, students earn a Bachelor of Science (B.S.) degree in Kinesiology. To graduate with a B.S. degree in Kinesiology, students must earn 120 credits and meet the requirements in one of the following programs:

- Exercise Science: Pre-Professional
- Exercise Science: Applied
- Early Contingent Physical Therapy

While there is a significant overlap in required courses among these three concentrations, there are also concentration-specific requirements that assist students in reaching their professional goals.

Curriculum Sheets

The list of required courses, referred to as a curriculum sheet, clearly outline the program of study for Kinesiology students. The curriculum sheets can be accessed [here](#).

The following recommendations will assist students in efficiently navigating the Kinesiology curriculum:

- Be sure to use the correct curriculum sheet.
 - Selecting the correct curriculum sheet:
 1. *Is it for the appropriate track (exercise science or early contingent physical therapy)?*
 2. *Is for the year that the student started (if started at URI as a Kinesiology major) or the year transferred into the major?*
- Students should record all the classes taken on the curriculum sheet each semester to help for future course planning.
- Students should always bring an up-to-date curriculum sheet (electronic or hard copy) to every advising appointment.
- The CHS Assistant Dean of Student Affairs is in Quinn Hall, room 101.
 - If a Dean's signature on a curriculum-related form is needed, students should contact Assistant Dean Cindie Cruger at ccruger@uri.edu or stop by the Assistant Dean's office.
 - Dean Cruger holds regular group advising meetings for students at each level (sophomores, etc.) so it is strongly recommended that students attend an appropriate meeting.
- To stay on track, it is recommended that students meet with their academic advisor every semester.
- Students need to meet all of the Kinesiology course requirements and earn a minimum of 120 credits to graduate from the University of Rhode Island.
 - Average 15 credits per semester
 - Summer and J-term provide more opportunities to take courses.

Kinesiology Program Options

- **Exercise Science:** Students in the Exercise Science program take general education requirements, core exercise science requirements, and free electives. Additionally, students must take courses in one of two professional content areas: Exercise Science: Pre-Professional Track or Exercise Science: Applied Track.
 - *Pre-Professional Track:* The Pre-Professional Track requires more basic science courses than the Applied Track. This track is appropriate for students wishing to pursue a career in exercise science or graduate school in exercise physiology or other health care professions such as physical therapy, chiropractic, physician's assistant, or physician.
 - It is recommended that students who anticipate applying to graduate school identify their graduate program of interest as early as possible during the undergraduate career and review the specific pre-requisites needed as these differ among specialties and programs.
 - Students interested in health-related graduate schools should visit with a [Pre-Health Professions Advisor](#) at URI to determine the proper preparation for these programs.
 - *Applied Track:* The Applied Track requires more exercise- and health-related courses than the Pre-Professional Track, although students are still required to take several basic science courses as part of the core exercise science requirements. This track is appropriate for students wishing to pursue graduate school or a career in exercise science in areas such as clinical exercise physiology, exercise physiology, strength and conditioning, or health promotion.

- **Early Contingent Physical Therapy (ECPT) Program:** While most students interested in pursuing a Doctor of Physical Therapy (DPT) degree follow the traditional 4-year Exercise Science (Pre-professional) Program, highly qualified incoming first year students who wish matriculate to the URI DPT graduate program may select this option during orientation.
 - The ECPT program allows students to complete both a B.S. in Kinesiology and a DPT in six years rather than seven.
 - Students who meet the rigorous requirements of the ECPT program are eligible to apply for the URI DPT program in their third year.
 - If accepted, a student would take the first year DPT courses during their senior year and these courses would count toward their B.S. degree in Kinesiology.
 - Below is some important information about the ECPT program:
 - Students must complete all prerequisite requirements, including coursework and observation hours, for the URI DPT in three years; therefore, this is an accelerated and rigorous program.
 - To see a list of the URI DPT prerequisites, go to: <https://web.uri.edu/physical-therapy/admission/>
 - To remain in the ECPT program, students must meet or surpass yearly requirements:
 - Complete the required course sequence and have a 3.2 GPA at the end of the first year (including summer classes)
 - Earn a minimum grade of B in BIO 220

- Complete the required course sequence and have a 3.3 GPA at the completion of the student's sophomore year.
- o If the student meets the requirements listed above, acceptance into the DPT program is not guaranteed.
 - Each student will be considered along with the regular pool of applicants for acceptance into the program.
- o To read more about the program, students should visit <https://web.uri.edu/kinesiology/academics/b-s-program/ecpt/>
- o Students who do not meet the annual requirements or who do meet the requirement but are not accepted into the URI DPT program can complete the undergraduate Exercise Science track and apply for DPT programs during their senior year.

INTERNSHIP

Internships are a key component of all Kinesiology degree programs. The Department of Kinesiology has an internship director who works with students to find a position suited to their strengths and interests.

The Kinesiology internship (KIN 484) provides undergraduate students with a one-semester experiential learning opportunity in a kinesiology-related setting. The internship experience is a critical part of the Exercise Science curriculum, as it gives undergraduates hands-on experience that may be applied to clinical hour requirements that are often required for advanced graduate program admission. This opportunity also provides students with valuable professional experience and development. During the KIN internship students are supervised by qualified professionals, and the course evaluation is based upon the site supervisor and internship coordinator's reviews of student performance.

Prior to enrolling in the Kinesiology internship (KIN 484) students are required to enroll in the course KIN 390 (Seminar in Kinesiology). Students are eligible to take this course beginning their junior year, and all students must take it prior to enrolling in KIN 484 internship. This course provides students with the information needed to be successful during the internship.

KIN 484 Application Procedures:

Phase 1: Apply & Receive Approval

1. Meet all of the academic requirements:
 - 2.5 GPA
 - 84 credits earned
 - CHM 103
 - CHM 124*
 - BIO 222
 - KIN 275
 - KIN 300, 301
 - KIN 320
 - KIN 325
 - KIN 370

- KIN 381
- KIN 390
- KIN 420*(*cardiac rehabilitation only)

2. Fill out the [Application](#) and email it to chs-kinesiology-internship-group@uri.edu with Subject; “Phase 1” by the following deadline:

- Fall Internship: May 1; Spring Internship: October 1 Summer Internship: February 1

3. After the application and requirements are reviewed, the student will receive an email of approval to move onto Phase 2.

Phase 2: Find Internship Placement & Complete CPR Training

1. The student should submit inquiries and/or applications to potential sites in the pursuit of finding placement.
 - Here is a [website](#) for examples, and students are welcome to expand their search.
 - Students are encouraged to use resources from the Center of Career and Experiential Education ([CCEE](#)) during this process.
2. If the student is not already CPR certified, this training can be completed through the American Red Cross or American Heart Association. Hybrid formats are accepted, but an in-person component is required.
3. When the student has been accepted to an internship position, the student needs to ensure that the site supervisor electronically fills out the [Placement Description Form](#) and it is returned to the student.
4. Students then submit their Placement Description Form and CPR Certificate in an email to chs-kinesiology-internship-group@uri.edu with the Subject “Phase 2” by:
 - Fall Internship: July 1
 - Spring Internship: December 1
 - Summer Internship: April 1*

*Any student planning to enroll in Summer KIN 484 must also complete the [Summer Credit Override Form](#) and include it in their Phase 2 email.

Phase 3: Enrollment: After the Phase 2 deadline, students interning in Fall or Spring will receive a Permission Number via email to enroll in e-Campus. Students enrolling in the Summer will have their paperwork sent to the Dean’s Office for approval and enrollment.

Questions? If students have any questions after reviewing this document and our [website](#), they are welcome to email chs-kinesiology-internship-group@uri.edu or set up a meeting with Courtney Mackey Wilbur, our KIN Internship Coordinator, via [Starfish](#).

Kinesiology Program Personnel

<https://web.uri.edu/kinesiology/people/>

Faculty	Position	Expertise
Alessandra Adami, PhD	Associate Professor	Exercise Physiology, Pulmonary Rehab
Richard Armstrong MS	Associate Teaching Professor	Strength and Conditioning
Ryan Chapman, PhD	Assistant Professor	Biomechanics
Nathan Crawford, MS	Assistant Teaching Professor	Strength and Conditioning, Cardiac Rehab
Susan D'Andrea, PhD	Assistant Professor	Biomechanics
Matthew Delmonico, PhD	Department Chair & Professor	Exercise Physiology
Allison Harper, PhD	Teaching Professor	Exercise Physiology
Mark Hartman, PhD	Assistant Professor	Exercise Psychology
Disa Hatfield, PhD	Professor	Strength and Conditioning
Nicole Logan, PhD	Assistant Professor	Exercise Psychology
Courtney Mackey Wilbur, MS	Internship Coordinator	Strength and Conditioning
Deborah Riebe, PhD, FACSM, FNAK	CHS Interim Dean & Professor	Exercise Physiology
Penny Steen, MS	Associate Teaching Professor	Exercise Physiology
Christie Ward-Ritacco, PhD, FACSM	Associate Professor	Exercise Physiology

Department of Kinesiology Advisory Board

The Advisory Board meets at least once per year to provide departmental faculty with insight on our curriculum and internship policies to ensure that our program and training is meeting the needs of our students and prospective employers and educators in the industry.

Christine Clarkin, PhD, DPT

Julie Oakley, MS, CCRP

Allison Faria, BS, CPT

Andy Llaguno, MSED, ATC

Scott Leech, MS, MEd, CSCS

Miranda Davis, MOT, OTR/L

Kinesiology Student Responsibilities

Students should know and follow the URI Student Manual:

<https://web.uri.edu/studentconduct/student-handbook-ch9/>

Additionally, all Kinesiology students should:

- Take ownership of their program of study by regularly meeting with their advisor and keeping an updated curriculum sheet
- Be courteous to faculty, staff, advisors, and fellow students
- Know the prerequisites for their intended graduate program, if applicable
 - Links to various centralized application services:
 - Link to GradCAS, [GradCAS](#)
 - Link to Physical Therapy Centralized Application Service (PTCAS), [PTCAS](#)
 - Link to Occupational Therapy Centralized Application Service (OTCAS), [OTCAS](#)
- Gain additional experiential learning experiences to improve their skill set or correct deficiencies

URI Professional Development Opportunities

There are a host of professional development opportunities such as:

- Kinesiology Club
- Pre-Physical Therapy Club
- Exercise is Medicine Club
- Other URI organizations on [campus](#)

APPENDIX

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

Membership in professional organizations instills a sense of professionalism, provides certain rights and benefits, keeps the student aware of current issues, and provides the opportunity for networking. Applications to the various state, regional, and national organizations can be found on the organizations' websites.

Recommended professional organizations:

American College of Sports Medicine (ACSM): <https://www.acsm.org/membership>

First Time memberships are available at reduced rates for students. Undergraduate student membership is open to any full-time undergraduate student studying in a field related to exercise science or sports medicine.

Benefits include:

- A subscription to ACSM's monthly scientific journal, *Medicine & Science in Sports & Exercise*® (MSSE®) (print and electronic)
- A subscription to ACSM's bimonthly newsmagazine, *Sports Medicine Bulletin* (SMB) (electronic only)
- Access to and inclusion in the electronic ACSM Membership Directory
- The quarterly review of current research topics in exercise science found in *Exercise and Sport Sciences Reviews* (ESSR)
- Discounted registration for any ACSM Certification exam
- Discounted fees on ACSM self-test
- Discounted registration on ACSM meetings
- Access to group rate insurance (including liability insurance)
- Consumer discounts (e.g., rental car, hotel, etc.)
- Electronic Book Review Service

New England Chapter of American College of Sports Medicine (NEACSM):

<https://www.neacsm.org/join>

Dues are \$15 for an undergraduate student membership and is open to any full-time undergraduate student studying in a field related to exercise science or sports medicine.

Benefits include:

- Discounted registration on NEACSM meetings
- Voting in NEACSM general elections
- Opportunity to serve NEACSM as a student representative.

National Strength and Conditioning Association (NSCA):

<https://www.nasca.com/membership/membership-overview/>

Student membership is open to any full-time undergraduate student, or graduate student, who is not certified by the NSCA Certification Commission as either a CSCS or NSCA-CPT. As an ERP school, URI students who want to sit for the CSCS certification exam are able to receive a fee discount code.

Privileges include:

- Attend meetings and conferences
- Vote in NSCA general elections
- Receive Strength and Conditioning Journal OR Journal of Strength and Conditioning Research (must choose one or pay additional to receive both) and NSCA Bulletin
- Receive membership services